

Fleet & Family Workshops

To register for our workshops, please call 629-6372/081-811-6372

Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: ffscnsanaplesitaly@eu.navy.mil



June 2012

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MAY 2012

Enrich.

Empower.

Educate.

June 2012

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EMPLOYMENT ASSISTANCE

● Employment Opportunities in Naples

May 02, Wed, 9:30 AM – 11:30 AM, SS FFSC

● Effective Resume Writing

May 07, Mon, 9:30 AM – 12:30 PM, SS FFSC

● The Federal Employment Process

May 25, Fri, 12 PM – 3 PM, SS FFSC

RELOCATION ASSISTANCE

● Sponsorship Training

May 09, Thu, 9:30 AM – 12 PM, SS FFSC

● Smooth Move

May 03, Thu, 8 AM – 12:00 PM, SS FFSC

May 17, Thu, 8 AM – 12:00 PM, SS FFSC

Note: All non-Navy affiliated personnel should arrive at 9:30 AM. **Registration Required.**

INTER-CULTURAL RELATIONS

● The Cathedral of Naples & The Old City

May 04, Fri, 8:30 AM – 2 PM, LEAVE FROM JFC

● Easy Italian

May 08, Tue, 9 AM – 12 PM, SS FFSC

May 15, Tue, 9 AM – 12 PM, SS FFSC

May 22, Tue, 9 AM – 12 PM, SS FFSC

● Naples Central Station & The Longest Shopping Street In Naples

May 09, Wed, 8:45 AM – 2 PM, LEAVE FROM SS

● Cultural Tips (TLA Coffee Shop)

May 14, Mon, 9 AM – 10 AM

● Limoncello

May 16, Wed, 9 AM – 10:30 AM, SS FFSC

● Italian Cooking Class

May 17, Thu, 9:45 AM – 2 PM, LEAVE FROM SS

Cost is Euro 15,00 to be paid at the Restaurant

Requires prior purchase of 2 E1 bus tickets at ITT

● Local Products: Open Air Market (JFC)

May 18, Fri, 8 AM – 2:30 PM, LEAVE FROM JFC

● Mergellina & The Egg Castle (JFC)

May 23, Wed, 8 AM – 2:30 PM, LEAVE FROM JFC

● What's on the Menu

May 30, Wed, 9 AM – 10:30 AM, SS FFSC

Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,
Department of Gaeta
BLDG 752, 2nd Deck at Fleet Landing
Hours: Mon – Fri, 8:00 AM – 4:30 PM
629-8354/081-811-6354

Naval Support Activity Naples,
NSA Support Site
Navy Lodge, 1st Floor
Hours: Mon-Fri, 7:30 AM – 4 PM
629-6372/081-811-6372

Naval Support Activity Naples,
Capodichino ADMIN II, 1st Floor
Hours: Mon – Wed, CLOSED
Thu & Fri, 7:30 AM – 4 PM
626-3761/081-568-3761

PERSONAL FINANCIAL MANAGEMENT

- **Coupon Club**
May 02, Tue, 1 PM – 2 PM, SS FFSC
- **Introduction to Your Financial Future**
May 11, Fri, 9 AM – 12 PM, SS FFSC
- **Home Buying**
May 14, Mon, 12 PM – 3 PM, SS FFSC
- **Developing Your Spending Plan**
May 31, Thu, 12 PM – 1:30 PM, SS FFSC
- **Credit & Debt Management**
May 31, Thu, 1:30 PM – 3 PM, SS FFSC

LIFE SKILLS EDUCATION

- ● ● **Choices (Managing Your Anger)**
No classes scheduled for May. This workshop will resume in June.
- ● ● **Communication Skills**
May 08, Tue, 1:30 PM – 2: 30 PM, SS FFSC
- **Military Spouse 101**
May 10, Thu, 9:30 AM – 11:30 AM, SS FFSC
- ● ● **Stress Management 101**
May 14, Mon, 1:30 PM – 2:30 PM, SS FFSC
- **Stress Management (FIT FORUM)**
May 22, Tue, 8 AM – 10 AM, Yoga/Pilates to follow
- ● ● **Conflict Management (CAPO)**
May 23, Wed, 11:30 AM – 12:30 PM, Capo College Classroom

FAMILY LIFE EDUCATION

- **Introduction to Love & Logic Parenting**
May 04, Fri, 10 AM – 11:30 AM, SS FFSC
- **Becoming a Love & Logic Parent (7 Sessions @ Canadian Military Family Resource Center [CMFRC] in Lago Patria)**
May 03, Thu, 6:15 PM – 8:00 PM, CMFRC (2 of 7)
May 10, Thu, 6:15 PM – 8:00 PM, CMFRC (3 of 7)
May 24, Thu, 6:15 PM – 8:00 PM, CMFRC (4 of 7)
May 31, Thu, 6:15 PM – 8:00 PM, CMFRC (5 of 7)

To register, contact FFSC at DSN: 629-6372 or CMFRC at Commercial: 081-839-5921

Parents of Special Needs Children
May 16, Wed, 5 PM – 6 PM, SS FFSC

Al-Anon Support Group
May 01, Tue, 6 PM – 7 PM, SS FFSC
May 08, Tue, 6 PM – 7 PM, SS FFSC
May 15, Tue, 6 PM – 7 PM, SS FFSC
May 22, Tue, 6 PM – 7 PM, SS FFSC
May 29, Tue, 6 PM – 7 PM, SS FFSC

Alateen Support Group (for ages 12-18)
May 06, Sun, 9 AM – 10 AM, SS FFSC
May 13, Sun, 9 AM – 10 AM, SS FFSC
May 20, Sun, 9 AM – 10 AM, SS FFSC
May 27, Sun, 9 AM – 10 AM, SS FFSC

**Operational Stress Control:
Your Command and Family
Color Companion**

- **READY**
- **REACTING**
- **INJURED**
- **ILL**

Look for the color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms. Any program that is not labeled is a Green program, enhancing and maintaining readiness.

Your Naples Area Fleet & Family Support Center Locations:

| | | |
|--|--|---|
| Naval Support Activity Naples, Department of Gaeta BLDG 752, 2 nd Deck at Fleet Landing Hours: Mon – Fri, 8:00 AM – 4:30 PM 629-8354/081-811-6354 | Naval Support Activity Naples, NSA Support Site Navy Lodge, 1 st Floor Hours: Mon-Fri, 7:30 AM – 4 PM 629-6372/081-811-6372 | Naval Support Activity Naples, Capodichino ADMIN II, 1 st Floor Hours: Mon – Wed, CLOSED Thu & Fri, 7:30 AM – 4 PM 626-3761/081-568-3761 |
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Military Support and Command Programs

Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: ffsncsanaplesitaly@eu.navy.mil



MAY 2012

TRANSITION ASSISTANCE

CALL YOUR COMMAND CAREER COUNSELOR (CCC) FOR DETAILS ON HOW TO REGISTER

● TAP WORKSHOP – PRE-SEPARATION

May 21-25, Mon-Fri, 8 AM – 4 PM

Location: SS Community Center

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

● Victim Advocate Refresher Training

May 18, Fri, 1 PM – 3 PM, SS FFSC

OMBUDSMAN PROGRAM

● Ombudsman Assembly Meeting

May 10, Thu, 6 PM - 8 PM, SS FFSC

Topic: Naples Navy Lodge: Getting through the TLA Process

● Ombudsman Basic Training

May 29-Jun 01, Tue - Fri, 8 AM – 4 PM, SS FFSC

AREA ORIENTATION & ICR TRIP

For full details on AO/ICR schedule, contact:

Area Orientation Coordinator: BM2 Andrew Hymans
andrew.hymans@eu.navy.mil

Cell: 335-102-8876

Area Orientation/ICR

May 04 – May 11, Fri – Fri, 8 AM – 4 PM, SS Theater

May 18 – May 25, Fri – Fri, 8 AM – 4 PM, SS Theater

FINANCIAL PROGRAMS

Call 629-6554 to request training for your command

IA/DEPLOYMENT SUPPORT

● IA Discussion Group

May 10, Thu, 1 PM – 2 PM, SS FFSC

Topic: Naples Navy Lodge: Getting through the TLA Process

ADDITIONAL SUPPORT SERVICES

LEGAL ASSISTANCE AT FFSC

CALL NAVY LEGAL SERVICE OFFICE FOR APPOINTMENT: 626-4576/081-568-4576

Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,
Department of Gaeta
BLDG 752, 2nd Deck at Fleet Landing
Hours: Mon – Fri, 8 AM – 4:30 PM
629-8354/081-811-6354

Naval Support Activity Naples,
NSA Support Site
Navy Lodge, 1st Floor
Hours: Mon-Fri, 7:30 AM – 4 PM
629-6372/081-811-6372

Naval Support Activity Naples, Capodichino
ADMIN II, 1st Floor
Hours: Mon – Wed, CLOSED
Thu & Fri, 7:30 AM – 4 PM
626-3761/081-568-3761

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EMPLOYMENT ASSISTANCE

● Employment Opportunities in Naples

Jun 05, Tue, 12 PM – 2 PM, SS FFSC

● Effective Resume Writing

Jun 06, Wed, 12:30 PM – 3:30 PM, SS FFSC

● The Federal Employment Process

Jun 29, Fri, 12 PM – 3 PM, SS FFSC

RELOCATION ASSISTANCE

● Sponsorship Training

Jun 13, Wed, 9:30 AM – 12 PM, SS FFSC

● Smooth Move

Jun 07, Thu, 8 AM – 12:00 PM, SS FFSC

Jun 21, Thu, 8 AM – 12:00 PM, SS FFSC

Note: All non-Navy Military personnel should call 629-6372 to discuss best arrival time. Registration Required.

INTER-CULTURAL RELATIONS

● Cultural Tips (TLA Coffee Shop)

Jun 04, Mon, 9 AM – 10 AM, SUPPORT SITE

● Teverola (Medi) Mall

Jun 05, Tue, 10:20 AM – 12:30 PM, LEAVE FROM SS

Requires prior purchase of 2 E1 bus tickets at ITT

● The Hill of Posillipo & the Market (JFC)

Jun 07, Thu, 8:30 AM – 2 PM, LEAVE FROM JFC

● Transportation from Support Site To Aversa

Jun 11, Mon, 9 AM – 12:30 PM, LEAVE FROM SS

Requires prior purchase of 2 E1 bus tickets at ITT

INTER-CULTURAL RELATIONS

● Easy Italian (3 Sessions)

Jun 12, Tue, 9 AM – 12 PM, SS FFSC (1 of 3)

Jun 19, Tue, 9 AM – 12 PM, SS FFSC (2 of 3)

Jun 26, Tue, 9 AM – 12 PM, SS FFSC (3 of 3)

● Advanced ICR: Things That Make Naples Unique

Jun 13, Wed, 9 AM – 10:30 AM, SS FFSC

● Hands-on Experience: Ceramics Studio

Jun 14, Thu, 8 AM – 1:30 PM, LEAVE FROM SS

● Visit Naples Food Landmarks (JFC)

Jun 15, Fri, 8:30 AM – 2 PM, LEAVE FROM JFC

● Cultural Tips (CAPO Food Court)

Jun 18, Mon, 11:30 AM – 12:30 PM, FOOD COURT CAPO LANDING

● Italian Cooking Class

Jun 19, Tue, 9:45 AM – 2 PM, LEAVE FROM SS

Cost is Euro 15,00 to be paid at the Restaurant

Requires prior purchase of 2 E1 bus tickets at ITT

● Two Famous Italian Cheeses

Jun 20, Wed, 9 AM – 11 AM, SS FFSC

● Visit To A Cheese Factory

Jun 21, Thu, 8 AM – 2 PM, LEAVE FROM SS

● Spaccanapoli: The Historical Naples (JFC)

Jun 27, Wed, 8:30 AM – 2:30 PM, LEAVE FROM JFC

● Gricignano Market

Jun 28, Thu, 8:45 AM – 11:30 AM, LEAVE FROM SS

● Vomero Castle & the Market (JFC)

Jun 29, Fri, 8:30 AM – 2 PM, LEAVE FROM JFC

Your Naples Area Fleet & Family Support Center Locations:

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BLDG 752, 2nd Deck at Fleet Landing
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629-8354/081-811-6354

Naval Support Activity Naples,
NSA Support Site
Navy Lodge, 1st Floor
Hours: Mon-Fri, 7:30 AM – 4 PM
629-6372/081-811-6372

Naval Support Activity Naples,
Capodichino ADMIN II, 1st Floor
Hours: Mon – Wed, CLOSED
Thu & Fri, 7:30 AM – 4 PM
626-3761/081-568-3761

PERSONAL FINANCIAL MANAGEMENT

● Coupon Club

Jun 05, Tue, 1 PM – 2 PM, SS FFSC

● Retirement Planning w/TSP

Jun 11, Mon, 1 PM – 3 PM, SS FFSC

● Insurance Planning

Jun 15, Fri, 9 AM – 11 AM, SS FFSC

LIFE SKILLS EDUCATION

● ● ● Choices (Managing Your Anger) (3 Sessions)

Jun 13, Wed, 2 PM – 4 PM, SS FFSC (1 of 3)

Jun 20, Wed, 2 PM – 4 PM, SS FFSC (2 of 3)

Jun 27, Wed, 2 PM – 4 PM, SS FFSC (3 of 3)

● Stress Management (FIT FORUM)

Jun 12, Tue, 8 AM – 4 PM, Yoga class to follow



<http://www.facebook.com/NaplesFFSC>

FAMILY LIFE EDUCATION

● Introduction to Love & Logic Parenting

Jun 13, Wed, 11:30 AM – 1 PM, SS FFSC

● Becoming a Love & Logic Parent (7 Sessions @ Canadian Military Family Resource Center [CMFRC] in Lago Patria)

Jun 07, Thu, 6:15 PM – 8 PM, CMFRC (6 of 7)

Jun 14, Thu, 6:15 PM – 8 PM, CMFRC (7 of 7)

To register, contact FFSC at DSN: 629-6372 or CMFRC at Commercial: 081-839-5921

● Becoming a Love & Logic Parent (7 Sessions @ SS FFSC)

Jun 21, Thu, 11 AM – 1 PM, SS FFSC (1 of 7)

Jun 27, Wed, 11 AM – 1 PM, SS FFSC (2 of 7)

Jun 28, Thu, 11 AM – 1 PM, SS FFSC (3 of 7)

Parents of Special Needs Children

Jun 20, Wed, 5 PM – 6 PM, SS FFSC

Al-Anon Support Group

Jun 05, Tue, 6 PM – 7 PM, SS FFSC

Jun 12, Tue, 6 PM – 7 PM, SS FFSC

Jun 19, Tue, 6 PM – 7 PM, SS FFSC

Jun 26, Tue, 6 PM – 7 PM, SS FFSC

Alateen Support Group (for ages 12-18)

Jun 03, Sun, 9 AM – 10 AM, SS FFSC

Jun 10, Sun, 9 AM – 10 AM, SS FFSC

Jun 17, Sun, 9 AM – 10 AM, SS FFSC

Jun 24, Sun, 9 AM – 10 AM, SS FFSC

**Operational Stress Control:
Your Command and Family
Color Companion**

- READY
- REACTING
- INJURED
- ILL

Look for the color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms. Any program that is not labeled is a Green program, enhancing and maintaining readiness.

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Military Support and Command Programs



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JUNE 2012

TRANSITION ASSISTANCE

CALL YOUR COMMAND CAREER COUNSELOR (CCC) FOR DETAILS ON HOW TO REGISTER

● TAP WORKSHOP – PRE-RETIREMENT

Jun 25-29, Mon-Fri, 8 AM – 4 PM, SS FFSC

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

● Point of Contact Training

Jun 14, Thu, 8 AM – 12 PM, SS FFSC

● Data Collection Coordinator Training

Jun 14, Thu, 1 PM – 4 PM, SS FFSC

IA/DEPLOYMENT SUPPORT

● IA Discussion Group

Jun 14, Thu, 1 PM – 2 PM, SS FFSC

Topic: Summer Camp Opportunities

OMBUDSMAN PROGRAM

● Ombudsman Interest Meeting

Jun 14, Thu, 5 PM - 6 PM, SS FFSC

Topic: How to Become an Ombudsman

● Transitioning to Naples

Jun 07, Tue, 5 PM – 6 PM, SS FFSC

AREA ORIENTATION & ICR TRIP

For full details on AO/ICR schedule, contact:

Area Orientation Coordinator: BM2 Andrew Hymans
andrew.hymans@eu.navy.mil

Cell: 335-102-8876

Area Orientation/ICR

Jun 01 – Jun 08, Fri – Fri, 8 AM – 4 PM, SS Theater

Jun 15 – Jun 22, Fri – Fri, 8 AM – 4 PM, SS Theater

Jun 29 – Jul 06, Fri – Fri, 8 AM – 4 PM, SS Theater

FINANCIAL PROGRAMS

● CFS Forum

Jun 20, Wed, 2 PM – 3 PM, SS FFSC

ADDITIONAL SUPPORT SERVICES

LEGAL ASSISTANCE AT FFSC

CALL NAVY LEGAL SERVICE OFFICE FOR
APPOINTMENT: 626-4576/081-568-4576

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